

Meal Ideas for Comedy in Motion
2 Adults, 1 eleven year old boy (& some times a roadie)

Bob, Jane, & Hudson Cates

The presenter should provide a supper meal for 3-4 people, about 90 minutes before show time. The meal should be served **in the green room** (or a make-shift equivalent) of the venue, which should also be supplied with water. Glasses, plates, bowls, flatware and napkins should also be provided.

Dinner for Comedy in Motion should consist of anything the presenter would like to provide with the exception of fast food or heavy foods like pizza, hamburgers, hot dogs, and fried or fast foods. We try not to be picky, just healthy. Please feel free to make or provide whatever you want! We love places like Chipotle.

As a reference, some examples of healthier food items would include the following. (Be aware that this is to be used as a reference point. We are always interested in giving the caterer the freedom to prepare foods that would be considered their specialty)

- 1 Hot Protein Dish, such as Poultry, Beef or Fish +
- 1 Carbohydrate dish; Brown Rice, Pasta or Potato +
- 1-2 Steamed and Seasoned Vegetable Dishes +
- Soup or Salad

Or

-Lasagna with Caesar Salad & veggie tray.

Or

- Grilled chicken with steamed broccoli and brown/wild rice

Or

- Stir Fried veggies/chicken with rice

Or

- Something made in a crock pot, with steamed broccoli or cauliflower on the side.

Side ideas:

Rolls or Whole Wheat Bread with Butter

Pickles, Olives, Cheese, Carrots

SNACKS for the afternoon and after the show.

These are not required. *But, sometimes people ask and want to go the extra mile, so here it is if you want bonus points.* Here are some snacks that Bob, Jane and Hudson like which can all be found at Shoppers Drug Mart (Canada): Jane likes: Pistachios & *Smarties*. Bob likes *Ruffles Salt N Vinegar Chips* & *Smartfood White Cheddar Popcorn*. Hudson likes *Jumbo Sour Suckers*. For drinks, cold Diet Coke and cranberry juice would be a treat.